

Nutrition Resources for In-School Advocacy

Contests

Smoothie Making
Blind Pizza Decorating
So You Think You Can Cook? Cook-Off
*Get Caught! Making Healthy Choices
Recipe Contest

Games

*Food Twister
*Plinko
*Food Group Relay
*Bean Bag Toss

Videos

*Nutrition Controversies
*Buzz in a Bottle (energy drinks)
*Eating Well with Canada's Food Guide
*Breakfast Because
*Supersize Me
*Much Talks: Body Image
Northern Grown -
www.foodsecurityresearch.ca

Surveys

Surveys students to collect cafeteria menu ideas

Education/ Presentations

Gather a small group to prepare and eat a meal together
Recruit students to help serve the breakfast program

Displays

*Battle of the Beverages
*Energy Drinks
*Healthy Kitchen

Demonstrations

*Blenderized Hot Dogs
Cooking Demonstration like on "The Food Network"
Pizza lunch with the outdoor pizza oven

Websites

Dietitians of Canada – www.dietitians.ca
www.EnergySip.com
School Food and Beverage Policy –
www.ontario.ca/healthyschools
EatRight Ontario –
www.ontario.ca/eatright
www.Hi5Living.org
www.about-face.org
www.campaignforrealbeauty.ca